**Steve Gaskill’s Summit update, 9/12/2013**

The rooms are all confirmed (6 rooms plus UC Theater.)

* UC Theater 7-noon (300)
* 3 UC Breakout rooms 10-12 (30-40 individuals)
* Room 119 in Davidsons Honors College (20 individuals) 10-noon
* The Ed Building has two rooms - 215 and 241 – both of which hold 35-50. 10-noon

Food is confirmed

        Bagels, Cream Cheese, Coffe, Tea…. AM

        Snack and refreshed coffee/tea etc by 9:45 for break.

        Snack to be confirmed – but probably yogurt

        We need to decide if we want food in the theater or in the foyer ourtside the door.  They suggest in Theater on the far wall.

Parking is confirmed

        Upper lot is reserved in parking garage and students are recuited to man it and then direct overflow to any other lot.

        That day (day before homecoming) is open parking in any decal lot – not in reserved spaces.

        Parking directional signs have been ordered for major entrances and they will give us an electornic map to send with registration.

                Everyone should be directed to theparking garage roof.

Signs for UC have alrady been printed and two students will sign the UC directing up to 3rd floot theater and route from parking garage to UC

Other student help

        I have three students to help direct/guide groups to the three rooms out of the UC as needed.  They can also stay and help as needed.

        If we need more students I can twist arms.

I will miss the training next week – Going to a conference on exercise and cognition in San Diego.  I can meet with the four who will do the “Access to PA” group if I am sent their emails (Donna and Heather?).   Below is what will be in my TEDx talk and similar in my summit overview to describe what I am thinking:

Access to Physical Activity

My fourth suggestion is that every middle and high school student should have **access to physical activity and the time to participate**.  Here is a very short list mainly applicable to MS and HS except the PE/HE examples.

* Students should have time and access to physical activity resources throughout the day outside of structured activities.
* During transition times and open time blocks students should have access to gyms, walking/running paths, climbing walls, playgrounds or other facilities and should be encouraged to be active.
* PE should be scheduled during the morning periods and before difficult classes – not at the end of day and PE should be structured such that students are moving most of the time.
* Students at Naperville Central High School in Chicago who go to PE first thing in the morning have experienced significant reading and math improvements.
* Some schools are now using heart rate monitor technology to require students to accumulate physical activity time. This is promoting by having open access to gyms, climbing walls, trails, fields and other activities.  As movement increases so do academic outcomes.

The Rockford, IL school district is taking this one step further and has been piloting the use of heart rate to assign PE grades in HS.  They are on target to implement that approach this fall.